

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
309-756-9978
Mon-Fri 8 am - 4 pm

Visit our website: extension.illinois.edu/hmrs

Packing Healthy School Lunches

Kristin Bogdonas, nutrition & wellness educator

Welcome to August. For many, it's back-to-school month so let's talk about packing healthy school lunches and snacks. According to the National School Lunch Program, about 60% of students eat school lunch. The other 40% bring lunch to school. Lunch is an important part of the day for everyone. Studies have shown that if students are well-fed, they perform better academically. Here are some tips to keep your packed lunches and snacks safe and full of the brain-boosting nutrients kids need to succeed.



First step: Food Safety

When packing school lunches, keep food safety in mind to avoid the temperature danger zone (41-135°F). Use an insulated lunch box with at least two ice sources, like frozen gel packs or bottles of water, placing one on the bottom and one on top to keep perishable foods cold. These include lunch meats, poultry, fish, eggs, dairy, cooked leftovers, and sliced produce. Non-perishable foods like whole fruits, hard cheese, canned meat, bread, peanut butter, and pickles do not require refrigeration.

What Foods to Pack

MyPlate recommends including foods from all food groups for a balanced lunch:

- Fruits: Apples, bananas, grapes, oranges, pears, or dried fruit.
- Vegetables: Cherry tomatoes, cucumber slices, leafy greens, peppers, or sugar snap peas.
- Whole Grains: Brown rice, whole wheat bread, crackers, or popcorn.
- Dairy: Milk, cheese, or yogurt.
- Proteins: Chicken, turkey, eggs, beans, tofu, or lentils.

Involve your child in packing their lunch, allowing them to choose items from each food group. Use mini containers to keep foods separated and visually appealing. Children can also prepare foods the night before, like fruit kabobs, homemade popcorn, or trail mix.

Do some lunch planning together to get them excited about their meals. Introduce variety by trying a new fruit or vegetable each week, like raspberry oranges, dragon fruit, jicama, or purple radishes. Be mindful of portion sizes to avoid overpacking. For children aged 7-10, recommended portion sizes include:

- Grains: 4-5 crackers and ½ cup rice.
- Vegetables: ½ cup cooked vegetables and 1 piece of fruit.
- Proteins: ½ cup cooked beans and 2-3 oz of chicken.
- Dairy: 1 cup milk or yogurt.

To Do: Make a list of your child's preferred foods from each group and create a meal and snack plan to ensure they're getting all the nutrients they need.

**HANDS-ON CANNING WORKSHOP
WITH DIGITAL PRESSURE CANNER**
WED AUG 14, 4:30 - 6:30 PM
ILLINOIS EXTENSION, MILAN, IL
FEE: \$10

The new digital pressure canner is designed to simplify your canning experience. With precise controls and digital features, this modern appliance ensures accuracy and ease, making home canning more accessible and efficient than ever.



Join Kristin Bogdonas, Illinois Extension nutrition and wellness educator, for a hands-on canning experience. We will be using the digital pressure canner and steam canner to process two different vegetables.

- Learn about the different features of approved canners on the market.
- Get hands-on experience using an electric pressure canner and steam canner.
- Participants will receive a canned vegetable and resources to use at home.

Registration fee is \$10/person. Space is limited so register today!
Sign up at go.illinois.edu/DigitalCanning



Get Your Dial Gauge Pressure Canning Lid Tested at Illinois Extension

Canning is a great way to extend the life of fresh garden foods, but over time, your canner's dial gauge can change and give a false pressure reading. Accurate pressure is critical to safely preserve foods. Illinois Extension recommends testing your dial-gauge pressure canner every year.

Simply bring or drop off your lids(s) at one of our [offices](#) in Milan, Viola or Galva, IL. (For faster service, bring it to the Milan office). Once they are checked, you will be contacted for pickup. For more information contact [Kristin Bogdonas](#), nutrition and wellness educator at kmbogdo@illinois.edu or call (309) 756-9978.

**MAKE-N-TAKE FERMENTED
GINGER ALE WORKSHOP**
MON AUG 26
5:30 - 6:30 PM
EAST MOLINE PUBLIC LIBRARY
FEE: \$5



Are you curious about fermentation? Want to learn how to create delicious and healthy fermented foods at home? Join us for an engaging workshop where you'll explore the basics of lacto-fermentation, discover safe techniques, and even make your own ginger ale!

Workshop Highlights:

- Fundamentals of Lacto-Fermentation: Understand the science behind fermentation and its benefits.
- Hands-On Ginger Ale Making: Craft your own ginger ale to take home!
- Taste Test: Compare homemade sauerkraut with store-bought versions.
- All Ages Welcome: Bring your family—adults and accompanied children can participate.

Registration:

- **Reserve your spot by registering with Abby Sauer at the library at 309-755-9614 ext. 105**
- Note: The \$5 fee covers the ingredients for one bottle of ginger ale. If attending with family, you'll only be charged \$5 total for shared bottles.

Questions? Contact Kristin Bogdonas (IL Extension) at 309-756-9978.



Food preservation doesn't have to be a mystery. Illinois Extension has great food preservation resources

Enjoy garden-fresh foods all year long by preserving at home. Canning methods have changed over the years to improve the safety of the foods we store. The art of food preservation is not as difficult as you might first believe.

Visit this website to find everything you'll need and the step-by-step process to safely can and preserve your food!

extension.illinois.edu/food/food-preservation

**Homeowners...
Learn if You Are Eligible
to Receive a Free Tree!**

**Join us at the
Rooting for Our
Urban Forest
Program**

**Tues: Aug 22, 5:30 - 8 pm
McGehee Center, Silvis, IL**



Learn how planting the right tree in the right place can enhance your home's beauty, provide shade, improve air quality, and support local wildlife! Join us for this free program to gain knowledge on planting, caring for, and maintaining trees for maximum health.

Free Tree Giveaway!

Thanks to grants from Constellation and the Mark W. Schwiebert Fund for Environmental Studies, qualifying homeowners can receive free trees. This program is open to everyone interested in tree care, regardless of eligibility for free trees.

Program Highlights:

- * **Right Tree, Right Place:** Learn tree planting, care, and maintenance from Emily Swihart, Horticulture Educator.
- * **Free Tree Giveaway:** Improve your landscape and community by adding trees to urban areas most in need.

Check your Tree Equity Score at go.illinois.edu/TreeScore.

Join us! Find out how planting trees can help contribute to a healthier, more equitable urban forest. Don't miss this chance to make a lasting impact on your community and environment!

Date: Tues Aug 22, 5:30- 8 PM
McGehee Center, Silvis, IL
Cost: Free

Register at link below or call
(309) 756-9978.



go.illinois.edu/UrbanForest

Become an Illinois Climate Steward! Training Starts August 19



Ready to help change the world?

A Global Issue with Community-Level Solutions

The world is changing, and we're seeing the impacts every day in Illinois. Over the past century, Illinois has experienced significant shifts in weather patterns, including warmer temperatures and increased precipitation. These changes have led to more intense rainfalls, resulting in urban and rural flooding, as well as more frequent summer droughts and potential water shortages.

Small Changes, Big Impact

The Illinois Extension Climate Steward program is a comprehensive course designed to train environmental stewards in effective communication about climate change and engagement in local solutions. Our vision is to build resilient communities and ecosystems in Illinois and beyond.

Program Details & Registrations

- Duration: August 19 to November 22
- Online Meetings: Three Zoom meetings on September 16, October 7, and October 28 from 5:30 pm to 7:00 pm (also recorded for later viewing.)
- Two in-person Meetings
- Field trips
- Cost: \$200
- Register at:



go.illinois.edu/ClimateStewardHMRS



CHANGE THE WORLD THROUGH GARDENING! STARTS SEPT 10, 2024



Become an Illinois Master Gardener

Learn more and register at go.illinois.edu/MGHybrid2024



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



2024 ONLINE HYBRID MASTER GARDENER TRAINING



This fall, take your love of gardening to the next level by becoming an Illinois Extension Master Gardener.

- **Grow in your knowledge of horticulture during this flipped classroom style course held Tuesdays, Sept 10. to Dec. 3, 2024.**
- **Attend weekly live Zoom webinar sessions led by Illinois Extension educators on select Tuesdays from 9 - 10:30 a.m.**
- **Meet in-person for 3 hands-on sessions on Oct. 1, Oct. 22, and Dec. 3 at University of Illinois Extension in Milan, IL.**
- **Complete independent study weekly using the Master Gardener textbook and other curriculum resources included in the training.**
- **The cost for the training is \$225 for an excellent educational experience! One scholarship is available, details on registration.**

University of Illinois Extension
321 W 2nd Ave. Milan, IL 61264
(309) 756-9978
extension.illinois.edu/hmrs

Register at go.illinois.edu/MGHybrid2024

For more information contact Tracy Jo Mulliken at (309) 756-9978 or email: tmully@illinois.edu



Wed. 2 PM, August 7, 14, 21, & 28 Forestry Stewardship Webinar Series

Illinois has 4.8 million acres of forest land. From shading homes and feeding wildlife to producing oxygen and filtering water, trees do a lot of heavy lifting. Give them a hand by discovering innovative, research-based management options in the summer Forestry Stewardship Series.

Discover how to restore woodlands, learn about research about the impact of agricultural pesticides, explore the legal protections for Illinois' natural areas, and get solutions to managing woody invasive plants and white-tailed deer.

- Aug 7 - The Consequences of Agricultural Chemical Trespass into Illinois Ecosystems
- Aug 14 - Woodland Restoration from Forests to Front Yards
- Aug 21 - Natural Area Conservation in Illinois
- Aug 28 - Resources to Address Deer Impacts to Woodlands

Sign up at go.illinois.edu/ForestryStewardship

This series is open to forestry professionals, landowners and managers, and the public. International Society of Arboriculture continuing education credits may be available.



August 8, 1 PM What Illinois Residents Should Know About Climate Change

Discover what climate change means for Illinois now and in the future and explore practical solutions. Learn how you can play a vital role in helping your community be healthier and more resilient to the effects of climate change. Don't miss this opportunity to be part of the conversation and make a difference!

Register at go.illinois.edu/WhatToKnowAboutClimateChange



August 13, 1:30 PM | Foodscaping: Creating Snacks Among the Flower Beds: Four Seasons Gardening

Foodscaping is a design concept that intentionally adds edible plant varieties to existing beds of ornamentals. The result is growing food that saves money and is a healthy activity that produces fruits and vegetables to enjoy all season long. The main appeal of foodscapes is that they are valuable and beautiful. Get tips on designing and maintaining a foodscaping project by having the right plant in the right place.

Register at go.illinois.edu/Foodscaping



August 15, 2 PM | The Fuel to Fight Cancer

Nutrition is a tool to support cancer prevention, treatment, and care. This lesson will discuss research on how food can reduce cancer risk and ways to incorporate nutrition to help manage the side effects of treatment.

Register at go.illinois.edu/2024HCELessons



August 20, 11 AM Farm Safety for Youth: Keeping the Next Generation Safe

Young people are uniquely vulnerable to farm hazards, and children and teens make up a significant portion of injuries and fatalities in agriculture. Presenters will review child labor laws and resources for legally employing youth in agriculture. Learn about equipment risks, key safety practices to prevent farm incidents, and effective ways to train young workers and ensure safe behaviors around the farm.

Register at go.illinois.edu/SafeAg2024



Farm in the Park

Tues, Aug 6, 11 am - 1 pm
Veteran's Park, Galva, IL

- Free Petting Zoo
- Kids Crafts & Activity Stations
- Interactive Games & Prizes
- Explore Health, Horticulture, Agriculture



Join us for a fun, free family event to learn about the important role agriculture plays in our everyday lives.

A petting zoo will be on hand with a variety of farm animals. There will also be make and take crafts and “farmer for a day” stations where kids can simulate picking apples, gathering eggs, and milking a cow. Prizes will be given to kids who fill out their activity passport card.

Promoting Nutrition, Wellness, and Gardening
Visit interactive stations to play games and learn healthy ways to eat and move. Get recipes and taste samples. Learn about food preservation and canning. Pick up a reusable grocery tote, while supplies last.

Master Gardeners will be on hand to answer your gardening questions. Explore nutrient loss reduction, and water quality issues with Extension educators.

Come for lunch! Buy a hot dog meal deal for \$5 which includes chips, applesauce, cookie and drink, with proceeds to benefit Henry County 4-H.

We look forward to seeing you there!

4-H Wonder Series!



The Science of Awe

Elaine Kaple, 4-H Metro Youth Development Educator.

What is Awe?

Awe is an emotion that most of us have felt, yet it can be challenging to put into words. It’s that feeling when something leaves us breathless, inspired, or mystified. Researchers Keltner & Haidt describe awe as “a feeling of being in the presence of something vast and greater than the self or that exceeds the self’s ordinary experiences and knowledge structures” (2003). Imagine the goosebumps you get when listening to an incredible piece of music or the wonder you feel when witnessing a natural phenomenon.

Think about that moment when you see the first lightning bug of the season. Despite knowing the science behind their glow (special chemicals in their abdomens and precise oxygen control), it never loses its magic. It’s a reminder that summer is on its way, evoking memories of carefree days spent playing outside with friends.



Why Awe Matters

Awe is good for us. Research suggests that experiencing awe can make us happier, healthier, more humble, and more connected to those around us (Allen, 2018).

The 4-H Wonder Series

In this new Wonder Series from Rock Island County’s 4-H Metro Youth Development Educator, Elaine Kaple, we will explore the science of awe and how it benefits youth and families. Ideas for hands on activities that can help inspire moments of awe will be included! With topics on mindfulness, travel, music, art, science, nature, and more. This is a great way to tend to your social emotional health this Summer and beyond!

References:

Allen, S. (2018, September 26). *Eight Reasons Why Awe Makes Your Life Better*. Greater Good Science Center. https://greatergood.berkeley.edu/article/item/eight_reasons_why_awe_makes_your_life_better, Keltner, D., & Haidt, J. (2003). Approaching awe, a moral, spiritual, and aesthetic emotion. *Cognition and Emotion*, 17(2), 297-314. <https://doi.org/10.1080/02699930302297>